

HEART CENTER

A CENTER FOR HEART FOCUSED LIVING



"Through heart centered classes, sessions, and service we assist individuals in achieving focus, balance, and integration in all aspects of their

lives."

VOLUME 1

NUMBER 1

Dear friends,

As you'll see in the schedule of classes, I have an upcoming workshop January 21 and 22 – *Heart Centered Living*.

This workshop is the culmination of workshops I have taught since 1980. You might say that the *Heart Centered Living* workshop is the "heart" of our work. Our mission statement clearly states what our purpose is: *"through heart centered classes, sessions, and services, we teach how to focus, balance, and integrate all aspects of life."*

This workshop, though, is not just another workshop; I believe it to be life changing. Through dreamwork, storytelling, heart centered experiential exercises, and energy work; you will have new perceptions of life. The workshop includes a 32 page workbook. What follows is an excerpt from the *Heart Centered Living* workbook:

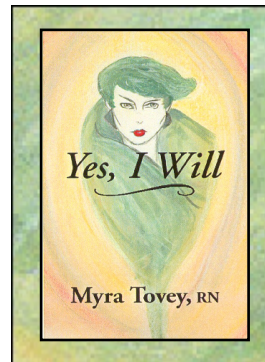
As a teacher of many workshops and classes, I have found that most people, when given a choice, prefer a quieter mental state associated with heart centeredness to that of mental confusion or emotional chaos. Although it is hard to quiet one's mind in today's busy world, heart centering is an effective tool for personal development. The heart does not judge, compare or need to understand in order to do its work. All of the work done in the Heart centered Living workshops is for the purpose of learning how to live a heart centered life.

What is Heart Centered Living?

Living through the Heart Center has many advantages. One lives life in the present time, not the future or the past events or worries. The heart does not judge, which brings relationships back to balance and wholeness. The heart centered way of living helps one handle stressful situations without blame or projections. It also is a healthier way to live:

- The institute of Heart Math has collaborated with Stanford University and other Institutions in studies which have shown that heart centered techniques facilitate the body's healing processes and improves physical health.

- Research has shown that when people shift their attention to their heart center, a balance in the electromagnetic field occurs and the heart rate becomes coherent.



Myra's book, written in 2003, tells of her traditional foundation as an RN and decision to choose a life of heart centered living. This book shares her experiences of hope, healing and transformation through the words, "yes, I will."

Illness and Healing through

Most people, when they hear the diagnosis immediately into a "victim mode" and cancer = death.

I was diagnosed with breast cancer on... heard the word cancer, I felt it in my gut... moment my reality changed, I was not... CANCER GROUP. The energy I felt was that of a victim. That same night, as I talked to my daughter and sons, it became even more difficult to accept. I could not stay centered, nor did I try. The next day, I left for North Carolina to teach a Healing Touch and Principles of Hypnosis class. On the first day, I had to re-focus several times while teaching because the word CANCER kept creeping into my consciousness. At the end of the second day of the workshop, I told the students of my cancer diagnosis, Heart Centered Living (HCL) in three ways:

I was able to move from the victim energy to the teacher/healer energy.

I had the awareness to stay focused on my students rather than my diagnosis.

Although there were times that I found the task of teaching, I made the choice to continue on.

Shortly after returning from the workshop, I have the tumor removed.

